

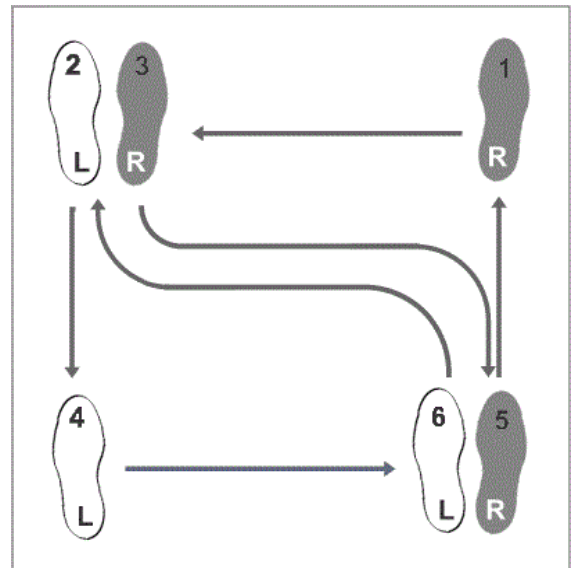
## ***Austrian culture: How to dance the Waltz***

### **Men's steps for the Waltz:**

Here is the basic waltz step diagram for the leader.

Start and end position are in the lower right corner.

1. Step forward with the right foot.
2. Step forward sideways with the left foot.
3. Bring your right foot next to your left foot.
4. Step back with the left foot.
5. Step back sideways with the right foot.
6. Bring your left foot next to your right foot.

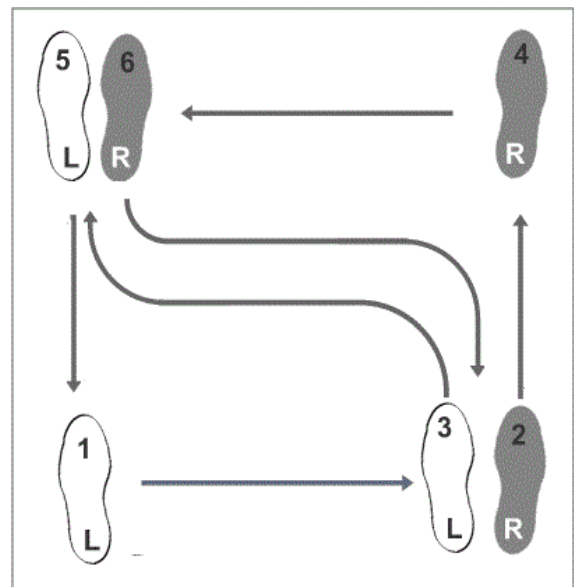


### **Ladies' steps for the Waltz:**

And here is the box step for the follower:

Start and end position are in the upper left corner.

1. Step back with the left foot.
2. Step back sideways with the right foot.
3. Bring your left foot next to your right foot.
4. Step forward with the right foot.
5. Step forward sideways with the left foot.
6. Bring your right foot next to your left foot.



### Examples for Waltzes:

Slow Waltz: Chris de Burgh – When Winter Comes

<http://www.youtube.com/watch?v=xP8maKtZ-Lk>

Standard Waltz: Johann Strauß Jr. – Vienna Waltz

[http://www.youtube.com/watch?v=U4J0MKsG\\_is&feature=related](http://www.youtube.com/watch?v=U4J0MKsG_is&feature=related)